

AMENDMENTS TO THE SPECIFICATION

Please replace paragraph [0009] with the following rewritten paragraph:

[0009] Thus, it would be desirable to ~~write~~ right a dumbbell support which provides easier use of dumbbells in weightlifting exercises. It would also be desirable to provide a dumbbell support which addresses deficiencies found in previously devised dumbbell supports.

Please replace paragraph [0037] with the following rewritten paragraph:

[0037] A first, rotatable member, preferably in the form of a toothed pulley 154, is fixedly mounted on the output shaft 152 by a taper lock bushing 155. A substantially non-extendable connecting member 156 such as a cable or timing belt extends from and rotatably couples the pulley 154 with a pair of spaced rotatable members or pulleys 158 and 160, respectively mounted on the forward ends of the side frames ~~132~~ 12 and ~~134~~ 14 by taper lock bushings 155. The pulleys 158 and 160 are rotated with rotation of the pulley 154 by the output shaft 152 of the motor 150 in one of two directions thereby rotating the screws 40 in the same direction. "Up" and "down" pushbutton ~~160~~ 161 and 162, shown in Fig. 2, are mounted in a control box 163 fixed to one of the side frames 12 or 14, for example. Push buttons ~~160~~ 161 and 162 are connected to relays, not shown, mounted in the control box 163 which switch current in opposite directions to the windings of the motor 46 to control the direction of rotation of the output shaft 152 of the motor 46. Continued depression of the respective pushbutton 162 and ~~164~~ 161 will enable a weightlifter to position the crossbar 34 at the desired vertical position relative to the floor. The horizontal bar 34 can be easily readjusted in vertical height by merely re-depressing one of the pushbuttons ~~160~~ 161 and 162.

Please replace paragraph [0046] with the following rewritten paragraph:

[0046] A plate 80 is fixedly mounted to the collar 52 and projects therefrom. The other end of the plate 80 has a bore 81 which receives a tubular member 82. By example only, the plate 80 may be fixedly joined to the mounting collar 52 by welds. The tubular member 82 is fixedly joined to a disc or handle 86 disposed extendably of one end of the tubular member 82. The disc 86 rotatably holds the tubular member 82 within the bore 81. An intermediate portion ~~88~~ of the tubular member 82 is fixedly joined to an arm 90, such as by welds. The arm 90 is rotatably movable relative to the plate 80, and the mounting collar 52, in a cutout 91 in the plate 80.

Please replace paragraph [0058] with the following rewritten paragraph:

[0058] Upon rotation of the shaft 166 in either direction, the rotation force is transmitted from the pulley 154 by the elongated member or timing belt 156 to the pulleys 158 and 160 which are coupled to the threaded screws ~~140~~ 40. The operation of the screws ~~140~~ 40 and the cooperating nuts 48 carried on the ends of the crossbar 34 is identical to that described above and shown in Figs. 1-3. As such, the operation of the dumbbell support apparatus shown in Figs. 8-10 will not be described in further detail.

Please replace paragraph [0060] with the following rewritten paragraph:

[0060] The foot support 180 includes the horizontally extending tubular base 182 which extends laterally between the side frames 12 and 14. A transverse leg 184 projects rearwardly from one end of a front leg 186 mounted on the base 182. The rearward leg 184 and the front leg 186 each include a plurality of apertures 188 which receive a spring biased pin, similar to the retractable latch pin 62 shown in Figs. 6 and 7. Retractable latch assemblies ~~188 and~~ 189 are mounted to the legs 184 and 186 and are slidable along the rearward extending leg ~~188~~ 184 and the

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front leg 186 to allow fore and aft as well as vertical adjustment of a foot rest or bar 190. The bar 190 is fixedly carried within a sleeve 192 movable vertically along the front leg 186. The foot support 180 is usable in seated exercises for additional support.